## CLAIMS

What is claimed is:

1. A method for adjusting a binder laylength, the method comprising:

positioning a plurality of buffer tubes with respect to each other wherein each buffer tube houses a plurality of fiber optic bundles;

placing a detectable binder around one of the plurality of fiber optic bundles, wherein the detectable binder contains a physically detectable feature;

detecting the detectable binder;

calculating a distance value between at least two detectable points on the detectable binder;

comparing the distance value to a stored value; and

adjusting the binder laylength according to the difference between the distance value and the stored value while an operation is in progress.

2. The method for adjusting a binder laylength of Claim 1, wherein the binder's physically detectable feature is a fluorescing element.

3. The method for adjusting a binder laylength of Claim 1, wherein the binder's physically detectable feature is a color.

4. The method for adjusting a binder laylength of Claim 1, wherein the binder's physically detectable feature is a magnetic or metal strip.

5. The method for adjusting a binder laylength of Claim 1, wherein the binder's physically detectable feature is an identifiable marking.

6. The method of adjusting the binder laylength of claim 1, wherein the said positioning step includes positioning the buffer tube around a central strength member.

7. A method for determining a binder laylength, the method comprising:
positioning a plurality of buffer tubes with respect to each other wherein each buffer tube houses a plurality of fiber optic bundles;
placing a detectable binder around one of the plurality of fiber optic bundles, wherein the detectable binder contains a physically detectable feature;
detecting the detectable binder; and
calculating a distance value between at least two detectable points on the detectable binder.

8. The method for determining a binder laylength of Claim 7, the method further comprising:
comparing the distance value to a stored value; and

adjusting the binder laylength according to the difference between the distance value and the stored value while an operation is in progress thus resulting in the binder laylength being evaluated and adjusted on line.

9. The method for determining a binder laylength of Claim 7, wherein the binder's physically detectable feature is a fluorescing element.

10. The method for determining a binder laylength of Claim 7, wherein the binder's physically detectable feature is a color.

11. The method for determining a binder laylength of Claim 7, wherein the binder's physically detectable feature is a magnetic or metal strip.

12. The method for determining a binder laylength of Claim 7, wherein the binder's physically detectable feature is an identifiable marking.

13. The method for determining a binder laylength of Claim 7, wherein said positioning step includes positioning the buffer tubes around a central strength member.

14. A strander for manufacturing a fiber optic cable wherein the fiber optic cable has at least one buffer tube housing a plurality of fiber optic bundles, the strander comprising:

a binder wrapper for placing a detectable binder around the fiber optic bundles wherein the detectable binder has a physically detectable feature;

a detector for detecting the physically detectable feature; and

a value unit for calculating a distance value between at least two detectable points associated with the physically detectable feature on the detectable binder.

15. The strander of Claim 14 further comprising;

a computer for calculating a difference value by comparing the distance value to a stored binder laylength parameter and thus adjusting the binder according to the difference value while the stranding operation is in progress thereby resulting in the binder laylength being evaluated and adjusted on line.

16. The strander of Claim 14, wherein the binder's physically detectable feature is a fluorescing element.

17. The strander of Claim 14, wherein the binder's physically detectable feature is a color.

18. The strander of Claim 14, wherein the binder's physically detectable feature is a magnetic or metal strip.

19. The strander of Claim 14, wherein the binder's physically detectable feature is an identifiable marking.

20. A fiber optic cable binder comprising:

a flexible material; and

a physically detectable feature within the flexible material.

21. The fiber optic cable binder of Claim 20, wherein the binder's detectable feature is detected by a detection system.

22. The fiber optic cable of Claim 20, wherein the binder's physically detectable feature is a fluorescing element.

23. The fiber optic cable of Claim 20, wherein the binder's physically detectable feature is a color.

24. The fiber optic cable of Claim 20, wherein the binder's physically detectable feature is a magnetic or metal strip.

25. The fiber optic cable of Claim 20, wherein the binder's physically detectable feature is an identifiable marking.

26. A buffer tube comprising of:

a plurality of individual optic fibers located within the buffer tube and arranged in a plurality of fiber optic bundles; and

a detectable binder having an adjustable laylength wherein the detectable binder surrounds the fiber optic bundle.

27. The buffer tube of Claim 25, wherein the binder is detectable due to a fluorescing element.

28. The buffer tube of Claim 25, wherein the binder is detectable due to a distinguishing color.

29. The buffer tube of Claim 25, wherein the binder is detectable due to a magnetic or metal strip.

30. The buffer tube of Claim 25, wherein the binder is detectable due to a an identifiable marking.

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